

Currents

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Megwa Ezhiweback



Mdaamini-Giizis (Corn Moon)
September 2009 Vol. 6 Issue 8



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*Office of Public
Affairs
Contact Information
1-888-723-8288
1-231-398-6840*



**TRIBAL EMPLOYEE COMMITS TO
60-MILE, THREE-DAY WALK FOR
BREAST CANCER *SEE PAGE 20***

Trading Post Makes the Grade!



The Little River Band Trading Post has achieved yet another milestone in meeting the requirements to be a top rated 'convenience' store. Dennis P. McCarthy, President of Blarney Castle Oil & Propane announced in early August that the Trading Post had achieved another Helios 100 rating. This rate system looks at a number of different factors used to judge Convenience stores and Gas Stations in the Blarney Castle system including cleanliness, space utilization, efficiency and customer service.

The Trading Post celebrated its first anniversary on May 23rd of this year and has been a money-maker for the tribe from the beginning.

Manager Jamie Friedel said in a recent interview that, "I'm especially proud of the way that this staff has taken hold to make this a beautiful and efficient store. We started with very little direction and have made it something that our tribe can be quite proud of in the business world."

The Trading Post has expanded its product line (inside) in response to customer feedback and now carries an extensive line of tribally branded logo wear. Tribal and non-tribal customers are buying the logo wear as well as more of the tribal crafts on display near the cash registers.

Community Center Open!



The newest symbol of the Little River Band of Ottawa Indians presence in Manistee County is finally open! The Community Center which has long been a dream in the tribe officially opened for business on

August 10th, 2009. The large facility has offices, a great kitchen and some wonderful meeting areas.

Plus it's just down the hill from Aki Maadiziwin!

Make sure to visit it when you are in town for the Fall Membership Meeting September 12th.



The Little River Casino Resort marked its 10th anniversary in July and celebrated with a gathering of local dignitaries, tribal government officials, employees and tribal members.

SEE PAGE 7!



Natural Resource held an event on August 8th at the new community center ***SEE PAGE 28***



Aanii:
I just received word , that the new Community Center has been completed and ready for occupancy. The meeting room portion is said to be 50% larger than our old Community Center. Several government offices will be housed in the new facility including the Housing Department, Elder's and the Warrior's Society. More information will be provided to you in this paper.

Little River Band of Ottawa Indians has joined the United Tribes of Michigan. This organization consists of many Michigan tribes that have joined together to advance, protect, preserve and enhance the mutual interests, treaty rights, sovereignty and cultural way of life of the sovereign tribes of Michigan.

Several Council members and I attended the Grand Opening of the Firekeepers Casino in Battle Creek, Michigan on August 1st . The casino is owned by the Huron Potawatomi of Fulton Michigan. We were treated very graciously by the hosts. Miigwetch. The casino is very impressive. We wish them luck in their new venture. I understand the Fall Membership Meeting will be "live streamed" for the first time on September 12th. We did a test run at the Spring Membership Meeting to see how it would work; it seems to work very well. Members will be able to watch the meeting from their computer much like watching other government TV. It will be streamed on U-Stream for those of you with computer access. We can also live stream special events depending on the availability of staff to work the camera. Mack Brushman has been working on this process and I want to thank him for his efforts to make this happen. He is also the person who put together the video segment on the Ogema's website. We had hoped to change that on a monthly

basis, but we still have a few bugs to work out. Directions on how to access U-Stream will be contained on following pages.

Also, we now have the ability to video tape other meetings such as Council Meetings or Elder's Meetings pending resolutions from either body. The completed report from Osiyo, the firm doing our Organizational Assessment, has been received by the LRBOI Government and we will be reviewing the report along with its recommendations and will have an update for the membership at the Fall Meeting. Until next month...

NOTICE:

**There will NOT be a
Yard Sale at the
Membership Meeting.
There are not enough items
available to hold the sale**

Effective Sept. 12, 2009 Standard and Enhanced Driver's License Permanent Driver's License Number

Currently, the first letter of the driver's last name is the same as the first character of the driver's license number (see illustration on the left).

Driver's license numbers are generated by the Soundex coding system, which uses the driver's name, date of birth and other identifiers to create the DLN. A new number is issued if a driver's name is changed or date of birth is corrected.



Note that the last name of the applicant and the driver's license number correspond. A new number would be issued if the last name changes or the date of birth was corrected.

*Please note: In 2010, the Michigan Department of State will switch from the Soundex coding system to one that randomly generates the 12 numerals of the driver's license or PID card number. The first letter of a new applicant's last name will continue to be used as the starting alpha character. All numbers issued will be permanent. More information will be provided closer to the implementation date.



Beginning Sept. 12, 2009, all existing driver's license numbers become permanent. They will never change, even if the driver's last name is changed or date of birth is corrected.

The Michigan Department of State will continue to use the Soundex coding system when issuing new driver's license numbers.* Once these numbers are issued, they are permanent and will not change.

A sample of a vertical, permanent 13-character driver's license. Note that the last name of the applicant and the driver's license number do not correspond.

Government Closes for the following Holidays

- *New Years Day
- *Treaty Recognition Day
- *Memorial Day
- *Independence Day
- *Labor Day
- *Reaffirmation Day (September 21st)
- *Veteran's Day
- *Thanksgiving Day
- *Friday after Thanksgiving Day
- *Christmas Eve Day (Half Day)
- *Christmas Day



Some areas of the government will be continue to be available on these holidays, such as Public Safety.

Currents will inform you of any scheduled closings of the Government facilities. It's always a good idea to call first if you are not sure.

Just use the toll-free number of 888.723.8288.



Tribal Council Activity Report July 2009

LEGISLATION:

The Tribal Council enacted changes to the Tax Ordinance. One of the changes included revisions to address fundraising activities by non-profit organizations as well as individuals. This change differentiates between the profit of fundraising activity, and allows an exemption for taxation on the profit, or "benefit" amount. This change was viewed as a positive step by the Council. The new Ordinance can be viewed on the Tribe's website, or, you can request a copy

HEALTH CLINIC OPERATIONS:

The Tribal Ogema and Tribal Council have been working cooperatively to address open positions within the Health Department of Little River Band. The former physician, Dr. Julie Dixon had a contract with the Tribe that expired in June of 2009. The Tribe had announced the position as a vacancy, and the Ogema and Council have worked jointly to hire a temporary physician in the interim period while recruiting for the current position takes place. As of July 31, there were three candidates that were interviewed by the panel established to review the doctors applying for the position. As the Recorder is preparing this report, there has not been a definite selection of a permanent physician for the clinic. The Ogema and Council are exploring other opportunities, such as forming cooperative arrangements with the local medical facility (West Shore Medical Center) to improve patient care access. In addition to hiring a physician for the clinic, other operational areas that are currently under review are: Patient access (ability to be seen at the clinic), third party reimbursement of claims, and consideration of adding other professional staff such as a Family Nurse Practitioner or Physician's Assistant. The potential expansion of providers within the clinic will be a decision that is made carefully, and jointly, by the Ogema and Tribal Council. Both the Ogema and Council are carefully considering the costs associated with any changes in the Health Care Delivery System.

OGEMA/COUNCIL RELATIONS:

The Tribal Council and Ogema have resumed a routine meeting schedule in an effort to work more closely together, providing support and assistance to one another in an effort to heal the broken relationship that has been longstanding within the Tribe's political structure. The Ogema routinely attends meetings with the Tribal Council, and communicates regularly with the Tribal Council's Speaker, Steve Parsons, as he deems appropriate. The improved communications have resulted in the Ogema and Council acting together on important matters, such as the recruiting of a physician for the Health Department, or changes in the Management of the Little River Casino Resort. Both the Tribal Council and Ogema have committed to working together cooperatively for the benefit of the Tribe and its membership.

AKI MAADIZIWIN GROWS:

The Tribal Council authorized the construction of 7 new homes at Aki Maadiziwin, the Tribe's Housing Development. There are 5 homes slated for low income rental units, to fill a much needed void in housing offerings at this time. The other 2 homes are being constructed as 'market based' rentals that will provide housing alternatives beyond low income eligible housing. The Tribal Council met with the Ogema, the Housing Director, Frank Figgels, and the Commerce Director, Robert Memberto, in an effort to move this initiative forward. By adopting the action to move forward with the new home construction, the Little River Band will finally resolve any issues related to unused grant funds that the Tribe has been awarded by federal agencies, but had not used in prior years. The Housing Grants awarded to Little River Band dating back several years had sat stagnant, and were not used. By adopting this housing initiative, the Ogema and Council not only completely resolve any prior year grant matters, but also continue to provide employment opportunities through the Tribe's Construction company, Muschigon Construction. By using the Tribe's own company, the construction can be completed at cost, saving the Tribe a substantial amount of money over hiring an outside company for that purpose. Keeping members working ensures that Tribal families receive the income and benefits that the construction would provide to an outside firm.

ELDER'S SUPPLEMENTAL INSURANCE:

The Tribal Council authorized changes to the Elder's Supplemental Insurance provided by the Tribe. When the program was initially started, the original cost was \$77,755.60 for FY 2006. For FY 2007, the annual cost of the supplemental insurance had grown to \$463,698.30, and in FY 2008 the cost was \$537,385.64. By adopting this change, the coverage for the Tribal Elders remains the same, but the Tribe will see a decrease in cost by an estimated \$138,000.00 per year. The Tribal Council was assured that there would be no impact to Elders currently utilizing the coverage, and that the switch would be completed without an increased burden to our Elders. If you are participating in this insurance program, you will be receiving letters stat-

ing your coverage ends on September 1 for your prescription coverage. That letter is being issued by Aetna Insurance, as they are required to notify you that they are not going to be providing that service any longer. Participating Elders will also receive another letter that details the new prescription coverage, including new cards. Mr. Steve Fredericks presented information during the August Elders meeting to those in attendance for the upcoming change. Those that were not able to attend in person should have received letters in the mail by the time you receive this publication.

CHANGE IN MANAGEMENT AT LITTLE RIVER CASINO AND RESORT:

During the past month, the Ogema, Tribal Council, and the Board of Directors met to review operational concerns within the Tribe's casino enterprise. The end result was that a decision was made to end the contract with the General Manager. Following this decision, the Ogema and Tribal Council met with the Board of Directors to discuss an interim assignment of that position while recruiting efforts take place to find a permanent candidate for the General Manager's position. The Ogema, Tribal Council and Board of Directors will continue to meet to address operational concerns, in an effort to improve the Resort. The Tribal Council is also currently reviewing existing legislation in place, the Board of Directors Act of 2005, which governs the management of the Gaming Enterprise. Once final revisions have taken place, the Tribal Council will post the legislative changes for 30 day public comment on the Tribe's website and in its governmental buildings. The Tribal Ogema has been in consultation with the Tribal Council as it moves forward to revise and strengthen the Ordinance, to enhance management and identify greater accountability to the Tribe and its members.

FINANCIAL REPORT PRESENTATION:

The Tribal Council has instituted a new practice, requiring members of the financial department for the Government as well as the Casino, to meet monthly for a formal presentation of financial information to the Council. The first meeting with the Controller for the Government was held in July, and the financial statement was reviewed in its entirety. This process has been initiated to provide the Council greater detail regarding the financial operations of both the Casino and Government. In addition, the formal presentation allows for direct access to staff in the event questions are posed, or corrections are identified. Once this process has been successfully implemented, financial information will be provided (in general) within the Recorder's monthly report. This information will hopefully be routinely reported beginning in October.

Respectfully submitted,
Janine M. Sam
Recorder

COUNCIL LIAISONS APPOINTED: The Tribal Council appointed Liaisons to its various Commissions and Boards. The Liaison appointment is to facilitate communication to and from the Tribal Council with the specific Commission that each person is assigned to. The Liaison appointments and current Commission members are as follows:

Little River Band of Ottawa Indians

2009 Committee/Commission Members and Terms

Elders Committee

Ron Pete - Chair
Marcella Leusby
Connie Waitner
Martha Kase
Sherman Moore
Pat Ruiter- Liaison

Binojeeuk Commission

Joan Spalding 09/20/09
Vacant 09/20/11
Vacant 09/20/11
Vacant 09/20/09
Virgil Johnson 09/20/11
Candace Chapman - Liaison

Gaming Commission

Lee Iverson 09/20/11
Dave Corey 09/20/11
Joan Spalding – Chair 09/20/09
Vacant 09/20/09
Terri Nauta 09/20/11
Robert Whiteloon - Liaison
Janine Sam – Alternate

Commerce Commission

Connie Waitner 09/20/11
Vacant 09/20/09
Denis Miekke 09/20/09
Vacant 09/20/11
Vacant 09/20/11
Janine Sam - Liaison

Enrollment Commission

Katie Glocheski 09/20/09
Aldeanna Kelsey 09/20/09
Margery Lutz 09/20/11
Alvin Patricio 09/20/11
Diana O’Neal 09/20/09
Donna Schultz 09/20/11
Charmaine Stone 09/20/09
Robert Whiteloon – Liaison
Virgil Johnson - Alternate

Housing Commission

Judy Nedeau 09/20/09
Ron Wittenberg 09/20/11
Aldeanna Kelsey 09/20/11
John Ross 09/20/09
Julia Chapman 09/20/09
Stephen Parsons - Liaison
Norbert Kelsey - Alternate

Health Commission

Marty Wabindato 09/20/09
Pamela Johnson 09/20/09
Denise Lewis 09/20/11
Al Patricio 09/20/11
Rosemary Edmondson 09/20/11
Loretta Beccaria – Liaison
Janine Sam - Alternate

Natural Resource Commission

Brenda Hyma-Cogswell 09/20/11
John Koon 09/20/11
Mike Ceplina 09/20/11
Vacant 09/20/09
Alyce Giltz 09/20/09
Virgil Johnson – Liaison
Pat Ruiter - Alternate

Veterans Warrior Society

Virgil Johnson - Liaison

Legislative Liaison

Loretta Beccaria – Liaison

In addition to the Liaison Appointments to the various Commissions, the Tribal Council also took action to appoint delegates to other bodies: National Congress of American Indians (NCAI), the National Indian Gaming Association (NIGA) and the United Tribes of Michigan. The appointees are as follows:

NCAI

Larry Romanelli - Delegate
Loretta Beccaria - Alternate
Candace Chapman – Alternate
Stephen Parsons - Alternate

NIGA

Larry Romanelli – Delegate
Robert Whiteloon – Alternate
Janine Sam – Alternate
Candace Chapman – Alternate

United Tribes of MI

Larry Romanelli - Delegate
Loretta Beccaria - Alternate
Pat Ruiter - Alternate
Robert Whiteloon - Alternate

WORK GROUPS FORMED AT OGEMA REQUEST: The Ogema had requested that special ad hoc committees be formed to address operational or program issues within the Little River Band. The Tribal Council agreed to work with the Ogema and members of the Executive Staff on the following issues:

BEREAVEMENT LEAVE-

Candace Chapman & Loretta Beccaria

PREFERENCE HIRING-

Steve Parsons, Janine Sam & Virgil Johnson

CONSTITUTIONAL CHANGES-

Loretta Beccaria, Candace Chapman & Norbert Kelsey

TRIBAL MANAGER-

Steve Parsons & Bob Whiteloon

PROMOTIONS WITHIN WORKFORCE-

Janine Sam & Loretta Beccaria

FMLA-

Norbert Kelsey,
Steve Pasons & Candace Chapman

These workgroups are meeting to discuss potential policy changes for operations, as well as other issues such as possible Ordinance changes. One ad hoc committee will address moving forward Constitutional changes as well. These work groups are a result of the improvement in the Ogema/ Tribal Council working relationship, and will work together to solve matters. Other ad hoc committees may be formed as appropriate or as requested by the Ogema. If the Tribal Membership has any input they would like to provide, feel free to contact members of the Tribal Council for that purpose.

The Recorder reminds the Membership that the Tribal Council publishes a weekly meeting schedule on the Little River Band website, under the Tribal Council link:
<http://www.lrboi.com/council/docs/Tribal%20Council%20Calendar.pdf>

Please also be reminded that the Council’s schedule changes frequently for work sessions, and you are encouraged to call the Council office to verify the schedule remains the same if interested.
Respectfully submitted,
Janine M. Sam
Recorder



Tribal Elder to be Inducted to the Michigan Women's Hall of Fame

Submitted by Valerie Chandler



It is with great pleasure to announce that on October 21, 2009, Tribal Elder Margaret (nee Bailey) Chandler will be inducted to the Michigan Women's Hall of Fame. Although Margaret has already passed on to the Creator, it is with great honor that she will be receiving the Historical Honors Award by the Michigan Women's Studies Association.

Each year a limited number of accomplished women are selected for this special honor and it all begins with the nomination process. Earlier this year, Margaret's granddaughter, Valerie Chandler, who works in the Tribe's Historic Preservation department, completed the application, prepared an essay and submitted the nomination. Margaret was nominated based upon her life-long dedication and diligence to the Little River Band of Ottawa Indians and other northern Michigan Ottawas that she worked with and represented. Margaret's years of work and memories are detailed in the beginning pages of the Tribe's history book, "Our People, Our Journey" by James M. McClurken. The following excerpt is the essay that was submitted for Margaret's nomination.

"From 1950 to 1970, Margaret recorded and retained NMOA meeting minutes, notes, and event information which would later prove to be invaluable to the reaffirmation of the Little River Band of Ottawa Indians and without her documentation, the Tribe may have never been reaffirmed. While holding office within the NMOA, Margaret traveled around the state to attend meetings and meet with other leaders and government officials in order to keep her people informed and motivated. Throughout the decades of service, Margaret paid for expenses from her family's income and was not monetarily compensated, but it never stopped her from assisting and fighting for what was important to her and the people she represented.

With sovereignty and strong government leaders in mind, Margaret served on the Board of Directors for the Little River Band of Ottawa Indians

Inc. In an interview, she stated that she joined the Board of Directors because as a leader within the NMOA, she believed it takes honest leaders who do a good job to build a strong government, which is what she envisioned.

In the 1970's and 1980's, Margaret was also chairperson for the local Indian Education program, Title IV, which serviced tribal children in Manistee County, Michigan. During the formal formation of the Little River Band of Ottawa Indians, she also served on the Enrollment Committee. The genealogical work that Margaret did for tribal members entitled them to cash payments awarded to the Ottawas in Docket-40-K before the Indian Claims Commission, federal education monies, and for a short time, guaranteed hunting and fishing rights.

After decades of rallying and petitioning, Margaret's main purpose came to fruition when the Little River Band of Ottawa Indians was federally reaffirmed by Senate Bill 1357 on September 21, 1994. After reaffirmation, Margaret continued to serve her people as a member of the Tribal Council. Sovereignty, treaty rights and land preservation were still important issues to Margaret and she continued to pursue these actions for her people. On June 19, 1996, another victory was won when reservation land that Margaret had grown up on was reverted back the Tribe.

While serving as a member of the Tribal Council, Margaret became very ill and required kidney dialysis, but this did not stop her from working. She attended meetings and conducted business after dialysis and when she was too weak, she carried on business via phone calls. When she was asked why she continued to work in such ill health, she stated that the work for her people and Tribe was "more important". Margaret was continually a leader amongst the Ottawa people for nearly 50 years, including attending a Tribal Council meeting, just before her death on January 2, 1997. She was one of the Tribe's most dedicated and respected Elders. In many interviews, Margaret always wanted to be remembered for her honesty; being a dedicated leader for her people and community, she achieved that goal. Her actions have truly made a difference in the lives of many – northern Michigan Ottawas, the Little River Band of Ottawa Indians, and its citizens."

The 2009 Hall of Fame inductees in the Contemporary division are Grace Lee Boggs, Bettie Givens McGowan, Jessica Rickert, Betty Tableman, Marlo Thomas, Glenda Lappan, and Elizabeth Phillips. The inductees for the Historical division are Margaret Chandler, Edna Ferber, and Ruth Ellis. It is interesting to note that Margaret will be either the 5th or 6th Native American inducted into the Hall of Fame;

the 2009 inductee Jessica Rickert is also Native American. Margaret will be sharing space in the Hall of Fame with other notables such as Betty Ford, Ellen Burstyn, Aretha Franklin, Lily Tomlin, Sojourner Truth, Rosa Parks, Gilda Radner, Marian Ilitch, and Governor Jennifer Granholm and over 200 other admirable Michigan women.

The induction ceremony will take place at the Michigan Women's Hall of Fame 26th Annual Awards Dinner on October 21, 2009 at the Kellogg Hotel and Conference Center in Lansing, Michigan. It is with great respect that Margaret's legacy will be recognized through this distinguished award. We are so very proud and honored that Margaret will represent her family and the Little River Band of Ottawa Indians in such a remarkable way!





Little River Band Of Ottawa Indians
375 River Street
Manistee, Michigan 49660

Elders Committee Minutes for August 1st.,
2009
Community Center

Meeting called to order by Chairperson Ron Pete at 12:00 pm. Prayer said by Virgil Johnson. Meeting started at 12:30 pm. Roll call: Present, Chairperson Ron Pete, Trustee's Sherman Moore, Connie Waitner and Martha Kase, present, Secretary Marcella Leusby, present.

Also present at meeting: Steve Fredricks and Virgil Johnson

Minutes from June meeting: read by Secretary Marcella Leusby, motion made by Sherman Moore to approve minutes, supported by Connie Waitner. Motion passed.

Issue 1- Luncheons: Ron told the elders the reason why we were having the potluck luncheon this month. Because of having to get 3 quotes for cooking the lunch, getting a resolution and agenda to council to sign and ok it was easier to have a potluck luncheon. It was voted on and passed to have Casino do the rest of our monthly luncheons until the end of the year.

Issue 2- Community Center : Virgil said new Community Center will be up and running by the first week in August. Our September Meeting will be held at the new Center with lunch being served by the Casino. There were concerns on the parking arraignments. Virgil reassured us that he would look into it.

Issue 3- Elders Insurance : Steve Fredricks from Manistee Insurance gave talk on the elders supplemental insurance. Steve stated that September 1st we would be having a new carrier put in place. If the Elders have any questions they could call him. Elders have to be 65 years old or older, plus you need to sign up in order to receive the insurance. He suggested that he would be willing to come to the meetings quarterly to answer questions and talk to the elders.

Issue 4 -Elders Conference : It was voted on to have a 2 day/1 night conference October 24th and 25th, with no mileage paid. It was talked about giving out meal tickets and a \$20.00 or \$30.00 gas card. More will be talked about at the September Meeting. There was also talk about doing a Children/Elders party for December.

Other Issues: Ron gave update on Casino. Casino is meeting monthly budget costs. It was noted that the General Manager was terminated. The board will be conducting order until a new GM is hired and Jerry Guenthardt will be signing paperwork.

Elders thanked Helen North for helping with August luncheon.

Ajournment: Chairperson Ron Pete moved to ajourned the meeting at 2:00 pm, motion was seconded by Connie Waitner, and supported by all present.

Date: August 1st, 2009

Respectfully, Committee Secretary,
Marcella Leusby

Contact June Sam for
details at 231.398.6709

Elders Conference

*Elder's Committee cordially
invites you*

2009 Elders Conference

Nov. 7th at (Note date change!)

Little River Casino

Contact June Sam for details at 231.398.6709

Attention all Tribal Members

Tribal Committee/Commission openings. The following is a list of commission seats currently available and also seats that will be open as of September 20, 2009.

Commerce Commission	3 current openings	1 opening as of 9/20
Gaming Commission	1 current opening	1 opening as of 9/20
Housing Commission		3 openings as of 9/20
Binojeeuk Commission	4 current openings	1 opening as of 9/20
Enrollment Commission		4 openings as of 9/20
Health Commission		2 openings as of 9/20
NR Commission	1 current opening	1 opening as of 9/20

Anyone interested in serving on any of the above commissions need to submit a letter of interest to the Ogema's office.
Thanks

10 years old!

The Little River Casino Resort marked its 10th anniversary in July and celebrated with a gathering of local dignitaries, tribal government officials, employees and tribal members.

Ogema Larry Romanelli, seven Tribal Council members and several past Ogemak joined representatives from the City of Manistee, including Mayor Cyndi Fuller and various County offices for the photo opportunity marking the successful operation of Little River here in Western Michigan.

A large cake was prepared for the event which was held across from the Willows Restaurant by the Winter Garden. Also on display, courtesy of the Tribal Historical Preservation Department was the original 'key' to the Casino.

This press release detailed the event:

"Little River Casino Resort will be celebrating its 10 year anniversary on Tuesday, July 21st with a cake cutting ceremony at 2:00 PM. Members of the Tribal Government along with local and state dignitaries have been invited to attend. The ceremony will take place at Little River's indoor water feature located in front of the event center. Additional promotions and events will take place for our guests on property throughout the day. We invite members of the media to come and share this wonderful milestone with us. Please contact Michael Thomas, Marketing Manager for the Casino at (231) 398-3948 or Glenn Zaring, Director of Public Affairs with the Little River Band of Ottawa Indians at (231) 723-8288 for more information.

Located in Manistee, Michigan, Little River Casino Resort is one of Michigan's premier gaming destinations. Little River offers the finest in casino action with over 1,300 slot machines and 28 table games. Guests can stay in one of our 292 rooms, catch a show in the 1,700 seat entertainment hall, or experience a wonderful dining experience in any one of our restaurants. This year, Little River celebrates its 10th Anniversary! Little River Casino Resort is an enterprise of the Little River Band of Ottawa Indians. For more information about our property, monthly promotions, or upcoming entertainment, please contact us at 1-888-568-2244 or visit us on the web at www.lrcr.com."



The Ceremonial First Key



LIHEAP – Low Income Home Energy Assistance Program

The Members Assistance Department is working on the grant application for the FY10 LIHEAP Program. There is funding left in the FY09 grant. These funds must be obligated by September 30th and any carryover funding but be approved for use in the next funding cycle of program. If you have not already accessed this program and are experiencing an energy crisis please contact the Members Assistance Department. Please note that the program provides for several sources of heat and a component for elders.

Program Information

***LIHEAP**

(Heat Source – Natural Gas, Propane, Electric, Coal, Fuel Oil and Wood)

This is a grant funded program to provide assistance to members who meet the eligibility requirements and are experiencing a heating crisis and live in the 9 county service areas in Michigan. (Kent, Lake, Manistee, Mason, Muskegon, Newaygo, Oceana, Ottawa and Wexford) Elder Cooling Assistance - assistance to Tribal Elders who meet the eligibility requirements, have a medical condition that require air conditioning during hot summer months, are experiencing an energy crisis due to additional energy burden to operate the cooling system and live in the 9 county service areas in Michigan.

-Amount of assistance varies according to individual income level and available funding.

-Priority is given to Elders, Disabled and Single parents with young children.

- Households receiving SSI benefits, Food Stamps or VA benefits are automatically eligible. Submission of income is required in determining amount of assistance.

Please contact the Members Assistance Department for complete program information and/or to request an application.

Amber Moore – Intake Clerk

Linda Wissner – Intake Clerk

Lee A. Iverson – Members Assistance Coordinator

Phone: 231-723-8288 or Toll Free 888-723-8288

Per Capita Payment Services

Direct Deposit it is safe, it's quick and it's convenient! As a service to the membership the Tribe has direct deposit available for Per Capita payments. This service has been well received by current participants. Please consider using this service to receive your payments. What are the benefits of direct deposit?

- * Through direct deposit the funds are available the date of the per capita disbursement.
- * It is one less thing to worry about because it is the safest way to receive your payment.
- * Easier and more convenient way to receive your payment, no waiting on the mail carrier to deliver a check.
- * There are no checks to be lost or stolen.
- * Saves on the cost incurred for a stop payment and reissue in the event a check is lost or stolen.
- * If you are not able to make it to the bank to cash a check, you will receive the payment safely in your bank account through direct deposit.
- * If you move, you have access to the payment through a bank debit/credit card. (Address must remain up to date with Enrollment Department to receive payment, please plan ahead an update as soon as possible)
- * Payment register is mailed to you.

For more information about direct deposit contact your bank. It truly is a convenient service that is safe, secure and saves time. If you would like a direct deposit form mailed to you please contact the Members Assistance Department by calling 888-723-8288. The form is also available online at www.lrboi.com

The form must be received 30 days prior to a disbursement. Forms received after this period may receive direct deposit the following quarter. We must receive the original form to process the request. Faxed copies are not an acceptable form of submission. Distributions are scheduled to be made on the first day of each fiscal quarter.

As a reminder please reference the Per Capita Q & A for common questions asked about per capita payments. This is located at our website at www.lrboi.com

Miigwech!
Lee A. Iverson
Members Assistance Coordinator

**The Warriors Society is
gathering photographs of members to be
use when thier office opens.**

**Please send photos of
our Warriors either in
uniform or in
civillian dress to
the address below**

WARRIORS SOCIETY

**Little River Band of Ottawa Indians,
Warriors Society,
375 River Street, Manistee, Mi. 49660**



Make sure yor family has a plan in case of emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a desaster.

Out- of Town Contact Name: _____

Telephone Number: _____

Email: _____

Neighborhood Meeting Place: _____

Telephone Number: _____

Regional Meeting Place: _____

Telephone Number: _____

Evacuation Location: _____

Telephone Number: _____

Fill out the following information for each family member and keep it up to date:

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Write down where your family spends the most time: work, school, and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: _____

Phone Number: _____

Evaucation Location: _____

School Location One

Address: _____

Phone Number: _____

Evaucation Location: _____

Work Location Two

Address: _____

Phone Number: _____

Evaucation Location: _____

School Location Two

Address: _____

Phone Number: _____

Evaucation Location: _____

Work Location Three

Address: _____

Phone Number: _____

Evaucation Location: _____

School Location Three

Address: _____

Phone Number: _____

Evaucation Location: _____

Other place
you frequent

Address: _____

Phone Number: _____

Evaucation Location: _____

Other place you
frequent

Address: _____

Phone Number: _____

Evaucation Location: _____

Inportant Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacies:			
Medical Insurance:			
Homeowner/Perental Insurance:			
Veterinarian/ Kennel (for pets):			

Ready

Family Emergency Plan

Prepare, Plan, Stay Informed.



Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan



EMERGENCY CONTACT NAME:
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME:
TELEPHONE: _____

WORKING/GOING TO PLACE:
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

CALL 911 FOR EMERGENCIES

Ready

< FOLD HERE >

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan



EMERGENCY CONTACT NAME:
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME:
TELEPHONE: _____

WORKING/GOING TO PLACE:
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

CALL 911 FOR EMERGENCIES

Ready

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan



EMERGENCY CONTACT NAME:
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME:
TELEPHONE: _____

WORKING/GOING TO PLACE:
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

CALL 911 FOR EMERGENCIES

Ready

< FOLD HERE >

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan



EMERGENCY CONTACT NAME:
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME:
TELEPHONE: _____

WORKING/GOING TO PLACE:
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

CALL 911 FOR EMERGENCIES

Ready



On July 15, 2009 the National Indian Health Board issued this announcement concerning Jessica Burger, Tribal Health Director for the Little River Band of Ottawa Indians:

"During an NIHB Executive Committee meeting yesterday afternoon, Jessica Burger's resignation from the NIHB Board of Directors was accepted by the Executive Committee and she accepted the position of Director of Government Relations with the National Indian Health Board. That action was affirmed by the Executive Committee yesterday, as well. (Ms. Burger did not participate in the meeting)

The position of Director of Government Relations is a new position at NIHB and we are so pleased that Ms. Burger prevailed in the search for the right candidate. It is designed to work closely with the Executive Director in the role of overseeing, coordinating and advancing the legislative, regulatory and budget consultation areas of NIHB's work, mission and staff. In this capacity, Ms. Burger will also serve as NIHB's lead staffer assisting Tribes with preparations for budget consultation, congressional budget work and appropriations.



Ms. Burger and her family will relocate to the Washington, DC area and she begins her tenure as a member of the NIHB staff on Monday, July 20, 2009."

Join us in congratulating Jessica Burger in her new position as Director of Government Relations for the National Indian Health Board.

Jessica Burger has participated as a member of the Board of Directors of NIHB for the past 18 months. As you all are aware, in that capacity she has made strong inroads on behalf of NIHB in key areas of the Federal government, including congressional, White House, HHS and Intergovernmental affairs as they pertain to American Indian and Alaska Native health. Bringing the perspective of a Tribal Health Director as well as a health care provider to the NIHB also will be an invaluable resource. She also possesses the strong managerial skills necessary to guide and mentor staff in a manner that promotes teamwork and will advance the mission.

Public Safety digs' in for kids!



The Manistee County Child Advocacy Center had a special day last month with Police Officers, Prosecutors and other community leaders scooping ice cream at Vincents Ice Cream Shop in downtown Manistee as a fund-raising event.

This center is a joint effort of police agencies and others interested in creating a safe place for supervised visits for families and children in crisis. In addition, the center will have a trained crisis counselor available for emergencies.

Public Safety Director Joseph LaPorte and Lt. Dave DeForest from the Tribal Public Safety Department and Tribal Prosecutor Gene Zeller took part in the event.

The Monarchs are Coming!



The LRBOI Tribal Education Department runs one of the neatest annual educational programs to be found for our young people and last month saw the kickoff for 2009. Each year, Little River Band students participate in a science project in which they raise Monarch butterflies from a caterpillar to an adult butterfly. When their butterflies emerge, students record data about the butterfly, tag it with a special numbered tag, and release the butterflies to begin their migration to Mexico.

Besides being a fun project and a way for kids to see the amazing life cycle of the Monarch, they are also participating in an important scientific research project sponsored by the University of Kansas which will help lead to a better understanding of this remarkable phenomenon.

Debra Davis, with the able assistance of her grandson Bishop, presented this year's opening of the project with a wonderful film detailing the amazing story of the Monarch Butterfly. They also had a very complete manual for the students filled with all sorts of exciting information.

A highlight of this year was the unveiling of a Monarch 'Waystation' right outside of the old Community Center in Manistee. After years of students participating in the project and releasing butterflies from this site, more and more monarchs are hatched here every year. By keeping the milkweeds they need for laying their eggs and for the caterpillars to feed on, and providing many other flowering plants, like the globe thistle, that provide needed nectar for adult butterflies, this site has been recognized by MonarchWatch as a sort of sanctuary for Monarch butterflies, and a location which helps them making their long journey south. For more information on the program, contact the Education Department. You may also visit the website www.MonarchWatch.org for more details on the national program.



Small Business Incentive Grant & Small Business Loan Act Totals from 2005 to 2008

The below charts are the totals of assistance that were awarded by LRBOI from 2005 to 2008 the Small Business Incentive Grant was repealed and replaced by the Small Business Loan Act of 2007. The current ordinance due to budgetary reasons is an unfunded mandate. Discussions have taken place with the Office of the Ogema, Tribal Council, Commerce Commission, and Commerce Department as to the issue of future funding of the program. There has been no final determination as to what the future holds in store for the program or funding levels.

Submitted by Robert J. Memberto
Director of Commerce

Business Name	Native Performance
Tribal Member(s) Name	Lynn Piwonski
Approval Date	11-Jan-06
Grand Fathered	No
Amount	\$34,646.00 & \$15,031.00 Pending Possible Tribal Court Appeal
Type	Grant
Repaid	NA
Completed	Disputed by Tribe
Amount Repaid	NA
# of Payments Made	NA



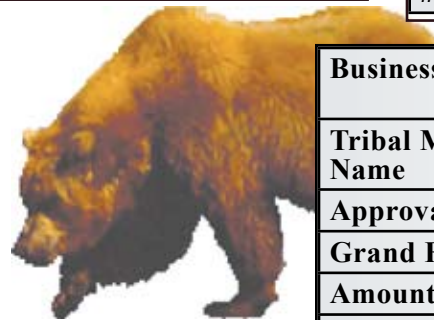
Business Name	The Grounds
Tribal Member(s) Name	Gail Zavada & Patti Janowiak
Approval Date	23-Apr-07
Grand Fathered	Yes
Amount	\$175,255.50
Type	Grant
Repaid	NA
Completed	Still Reporting
Amount Repaid	NA
# of Payments Made	NA

Business Name	North Country Logging
Tribal Member(s) Name	Todd Grocholski
Approval Date	23-Aug-06
Grand Fathered	No
Amount	\$90,000.00
Type	Grant
Repaid	NA
Completed	Agreement Complete
Amount Repaid	NA
# of Payments Made	NA

Business Name	Big Bear, LLC
Tribal Member(s) Name	Jeff Sam
Approval Date	10/29/2008
Grand Fathered	No
Amount	\$50,000.00
Type	Loan
Repaid	In Progress
Completed	Still Reporting
Amount Repaid	\$1,706.39
# of Payments Made	\$1,706.39



Business Name	Native Made, LLC
Tribal Member(s) Name	Cornelius Deverney
Approval Date	1-Aug-08
Grand Fathered	Yes
Amount	\$45,000.00
Type	Grant
Repaid	NA
Completed	Still Reporting
Amount Repaid	NA
# of Payments Made	NA



Business Name	Good Thunder Motorcycle
Tribal Member(s) Name	Donald Stone
Approval Date	19-Oct-05
Grand Fathered	No
Amount	\$200,000.00
Type	Grant
Repaid	NA
Completed	Agreement Complete
Amount Repaid	NA
# of Payments Made	NA



Business Name	Mac's Menu Design, Print & Copy LLC
Tribal Member(s) Name	Danielle McIntyre
Approval Date	24-May-07
Grand Fathered	Yes
Amount	\$87,650.00
Type	Grant
Repaid	NA
Completed	Agreement Under Review
Amount Repaid	NA
# of Payments Made	NA

Business Name	Parkdale Quick Cuts
Tribal Member(s) Name	Teri Nauta
Approval Date	5-Jun-07
Grand Fathered	Yes
Amount	\$80,000.00 Loan & \$120,000.00 Grant
Type	Loan / Grant
Repaid	In Progress
Completed	Still Reporting
Amount Repaid	\$7,626.66
# of Payments Made	17 Consecutive Payments



Officer Mayo and Britt

Police Canine Units are one of the most effective tools in Law Enforcement these days and the weekend of the 18th of July, a major competition was held in Western Michigan. The United States Police Canine Association (USPCA) held their PD1 trials at Scottville High School.

LRBOI's own Officer(s) Craig Mayo and "Britt" competed with 32 other officers from across Region 19 for the first time and came out in the top half of competitors. Congratulations to them for a great first time showing! Of the 33 competitors, 2 came all the way from Canada to participate.

These trials are the 2nd half of yearly trials pertaining to obedience, box searches, agility, article search, apprehension and are necessary to provide certification of the Canine officers for a year. The competition is scored by 4 independent, master judges to ensure that the highly trained canine officers have the skills necessary for this demanding work.

Officers from Mason County, LRBOI Tribal Police and Lake Co. make up the team that the tribe normally trains with and then works with when the dogs are needed. Mason County was the hosting agency for this competition.

MT Pleasant Tribal Police have a canine unit but were not participating in these trials.



Please Join Us at the 6th Annual Sturgeon Release Ceremony

The Little River Band of Ottawa Indians Natural Resources Department is happy to announce the 6th annual 'Nmé (Lake Sturgeon) Release Ceremony from the Streamside Rearing Facility on the Manistee River for Saturday, September 19th.

The ceremony this year will include tours of the first-ever portable streamside rearing facility for lake sturgeon, informational posters about lake sturgeon, a presentation about the Hutton Junior Fisheries Biology Program, and children's activities. The day will incorporate

information of historical and cultural use of sturgeon, the current rehabilitation projects, as well a water bottle giveaway. Highlighting this year will be a documentary film crew collecting footage involving sturgeon restoration in the Great Lakes. The event will conclude with the release of sturgeon into the Big Manistee River in which all elders attending will have the opportunity to participate in releasing a fish.

Similar to last year, smoked whitefish and sturgeon will be available for people to taste. Sturgeon have historically been utilized by Native people from the Great Lakes as a source of food and cultural inspiration.

Since sturgeon in Michigan are rare, the smoked sturgeon served on Saturday will be from harvestable populations outside of the state.

The release will be held at the Streamside Rearing Facility, located at the U.S. Forest Service Rainbow Bend access site on the Big Manistee River, on Saturday, September 19th from 2:30-4 pm. For more information please call the LRBOI Natural Resources Department at 231-723-1594.

This unique event celebrates a widely recognized Natural Resources success story of a streamside rearing facility that helps the restoration of a rare Michigan native species. This process, developed by LRBOI, is now being used in four other locations across the Great Lakes.





The Manistee River gets a Treatment – by Sunflower Wilson



Our very own Big Manistee River and surrounding tributaries are getting a treatment! The U.S. Fish and Wildlife Service is giving a special treatment in August to help control the invasive Sea Lamprey from our streams and lakes. The Sea Lamprey is a non-native species that is believed to be one of the first invader of the Great Lakes. The Sea Lamprey is a cyclical bodied fish with a cartilage skeleton and two dorsal fins. Sea Lampreys have no scales, lateral line, paired fins or swim bladder; they appear to be very eel like.

Sea Lamprey have a very complex life cycle. Lampreys start off in a non parasitic larval phase (meaning they don't prey on other animals). They live this way for three to 17 years or until reaching a size that they then metamorphosize into a parasitic form. This is when they gain eyes and an oval mouth lined in rings of sharp teeth with a bony rasping tongue. An Adult Sea Lamprey can consume up to 40 lbs of fish in its adult phase. The Lamprey suctions to the side of a fish and bores a hole in the side of the host with its rasping tongue. The saliva of a Sea Lamprey contains an anticoagulant that allows it to feed on the blood and bodily fluids of the host until the Lamprey is done feeding or

the host dies. Sea Lamprey have been found to prey upon Lake Trout, Salmon, Whitefish, Walleye, Yellow Perch and Sturgeon.

There has been much research on control of the Sea Lamprey. One effective control method is to destroy the Lamprey at its vulnerable larval stage. Over 6,000 chemicals were tested and TFM (3-trifluoromethyl-4-nitrophenol) was found to be selectively toxic to Sea Lamprey.

TFM's 40 years of use has reduced populations of Sea Lamprey up to 90%. The chemical is carefully applied in low concentration only where streams are infested. Treatments take 48-72 hours and are monitored by trained specialists who watch the streams rate of flow, chemical conditions and temperature. TFM rarely kills fish and has shown not to be toxic to humans or any other mammals. Research has also shown that it doesn't bioaccumulate in the river.

Unlike the parasitic Sea Lamprey the Manistee River also has native Lamprey such as the Chestnut Lamprey, Northern Brook Lamprey, American Brook lamprey and Siler Lamprey. These Native Lampreys are smaller than the Sea Lamprey and coexist with fish and other aquatic organisms in the Great Lakes.

With this treatment to the Big Manistee River and surrounding tributaries in August don't be alarmed if you come across Fish and Wildlife Service staff or slightly green colored water. This is just them working on keeping the waters Sea Lamprey free.



Adult sea lamprey
Great Lakes

Information for this article was compiled from the Great Lakes Fish Commission and the US Fish and Wildlife Service



Please contact the
Natural Resources Department for more
information: 231-723-15

The Time for Salmon Fishing is Here!

Many opportunities exist for the harvest of salmon in the streams and rivers of the 1836 Ceded Territory, including hook and line, spears, bows and hand nets. Below is a list of opportunities:

All locations except the Little Manistee River:

The harvest of salmon will remain similar to last year. Hook and line, spearing, bowfishing and handnet techniques may be used.

For hook and line fishing:

- No permit or harvest reporting card is needed. A valid Tribal ID card serves as your fishing license.

For spears, bowfishing and handnets:

- Permits are not required but a harvest reporting card must be acquired from the LRBOI Natural Resources Department and must be returned within 7 days of harvest.
- 5 fish per day bag limit with a 12" minimum size limit.
- Spears are not allowed in 4 Upper Peninsula streams - Chocolay, Mosquito, Big Two hearted and Little Two Hearted.
- All other acceptable methods are allowed.
- Atlantic salmon shall not be speared in the Torch Lake watershed.

Chinook Harvest on the Little Manistee River:

The Little Manistee River is an egg-take and salmon harvest facility operated by the Michigan Department of Natural Resources. The weir is used to block Chinook salmon so eggs can be collected. The eggs collected at the weir are sent to State Fish Hatcheries where they are raised and stocked all over Michigan. Eggs are also supplied to several other states. In the 2007 Inland Consent Decree the State and the Tribes agreed to protect the Chinook egg collection while maintaining Tribal harvest. Regulations and opportunities for the Little Manistee River Chinook salmon harvest are presented below:

- From September 1st to November 14th, spears and bows may be used to harvest salmon from 300 feet below the weir to the south end of Manistee Lake (See fishing regulations Table 6, Note 3 for specific locations). Hook and line may not be used in the Little Manistee River below the weir to harvest salmon during this period.
- Permits and harvest report cards are required and can be acquired at the LRBOI Natural Resource Department. Harvest report cards must be returned within 7 days of harvest.
- There are weekly quotas established and permits will be allocated until the quota is met for the week.
- If/when the Michigan Department of Natural Resources meets its Chinook salmon egg take goals for the year, weekly quotas will be rescinded.
- Hook-and-Line fishing is closed in the southern end of Manistee Lake from September 6 through October 15 (See Fishing Regulations 6.04G.2.b.).

Tribal Concern

The Little River Band of Ottawa Indians Natural Resources Department began a fish tissue monitoring program in 2004. A need for this program was identified through a membership survey as well as casual conversation with subsistence fishers. The survey indicated that members were consuming large amounts of fish that they caught in area lakes and rivers. In a follow up survey the natural resources staff learned that Tribal members who kept and consumed their fish were doing so at rates that exceeded the protection limits established by the State of Michigan's consumption advisory. Members were also consuming fish species not tested under the States advisory program.

The Department compiled Tribal and State data from 2000 through 2008 to put together an up-to-date fish eating guidance. A focus group of Tribal elders and members that were concerned about fish safety was established that defined the direction of the guidance. They told staff that an easy to use visual guide was the best way to communicate the information. The Focus group also wanted to make sure that the best options were given for eating fish. The guidance focused on the most heavily utilized lakes and rivers in the area as determined by the Tribal survey. The guide compiled all available data from each of these lakes and rivers and uses the Michigan Department of Community Health trigger levels to issue advisory statements. It was decided that the easiest way to present this data in a useable format was through the use of a Data Wheel

The Data Wheel

The fish consumption data wheel covers ten area lakes. The fish listed are the species that state data (post-2000) was available for or that the Tribe recently sampled for. If a fish species is not listed that only indicates that there was not available data, not that it is safe or not safe to eat. The guide separates out women and children from the general public because women of childbearing age and children are more susceptible to health risks from eating contaminated fish. The data wheel is color coded with green being safe to eat and red/black having restrictions. This guide is intended to help membership make safer decisions when eating fish from area lakes and rivers. The wheels will be available at the fall membership meeting and in the Natural Resources Department.

Contaminants of Concern

On the data wheel you will also find a check mark that indicates what contaminant is responsible for the advisory. Mercury is a naturally occurring metal in the environment that cycles between land, water, and air. Increased levels of mercury have been shown to come from coal burning power plants, household and industrial waste. Mercury accumulates in the muscle

tissue of fish. PCB's (Polychlorinated biphenyls), another commonly found contaminant, are man-made substances that were used in manufacturing. The use of PCB's was banned in 1976 however, they are slow to breakdown in the environment and remain a problem. PCB's accumulate in the fatty tissue of fish.

Reduce Mercury Risk:

Most people possess the ability to metabolize and ultimately eliminate mercury from their bodies. Through this process, spacing foods that contain mercury over a longer span of time can actually help reduce the amount of mercury from building up in your system. Also, choosing smaller and younger fish will generally lower the percentage of mercury you ingest.

Reduce PCB Risk:

Trim fatty areas and, remove or puncture skin before cooking to allow fat to drain off.

For additional information on eating safer fish not in the fish data wheel:
www.michigan.gov/mdch

Please call the Natural Resources Department with any questions.

Don't stop eating fish – Just make wise decisions

Health Benefits from Eating Fish

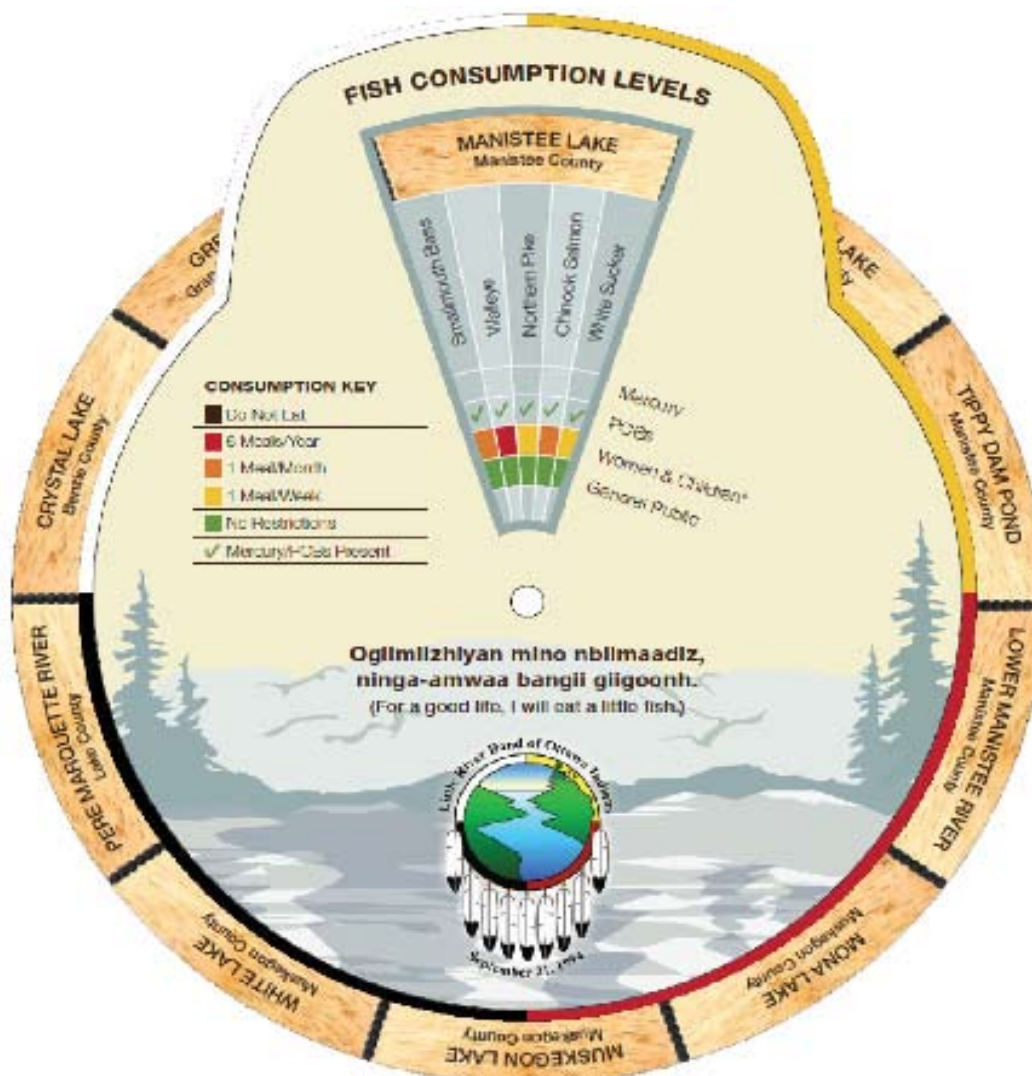
- Fish is good for you!
- Fish are a great source of protein, vitamins, and minerals
- Fish are a good source of Omega-3 fatty acids (McIvor, 2001)
- May protect against heart disease

Risks to keep in mind

- Some fish contain harmful contaminants from the environment.
- Contaminants of concern in the area include PCB's and Mercury.

Hook into Healthy Fish

1. Eat Smaller Fish
2. Eat More Panfish
3. Trim Skin and Fat from Fish



Members Legal Assistance

Mary K. Witkop, Attorney at Law
3031 Domres Road
Manistee, MI 49660
231-398-2234
1-888-723-8288 x 2234

MEMBERS LEGAL ASSISTANCE ATTORNEY CAN PROVIDE FREE LEGAL ASSISTANCE TO ALL TRIBAL MEMBERS

The Members Legal Assistance Attorney ("Attorney") is now a full time position which allows for greater assistance to Tribal Members. The Attorney urges all Tribal members to call with any legal issue they encounter. The Attorney will meet with Tribal members in the Muskegon office with an advanced appointment. THERE IS NO CHARGE FOR THE ATTORNEY'S ASSISTANCE.

The Attorney cannot appear in court with a Tribal Member or assist with issues that involve the Tribe, but can assist with providing legal guidance and drafting of documents, including, but not limited to, the following:

1. Estate Planning. The Attorney can draft Wills, Power of Attorneys, Medical Power of Attorneys and Trusts.
2. Real Estate. The Attorney can assist with the purchase, sale or transfer of real estate. The attorney can assist with foreclosures or forfeitures.
3. Landlord – Tenant. The Attorney can assist with evictions or any other issues with a landlord or a tenant.
4. Divorce/Custody/Support. The Attorney can assist if a Tribal Member is involved in a divorce, has issues with child custody, visitation, or child support.
5. Probate of Estates. The Attorney can assist with probating a deceased's Will in state or tribal court.
6. Criminal Matters. The Attorney can give legal advice if a Tribal Member is charged with a criminal offense and explain the legal process. This includes juvenile offenses.
7. Civil Matters. The Attorney can give legal advice if a Tribal Member is involved in a civil lawsuit. While the Attorney cannot officially represent the Member in court, the Attorney has been successful at resolving Civil Lawsuits without appearing in court. This includes accusations of abuse or neglect of a child against a parent.
8. Paternity, DNA testing, Birth Certificates. The Attorney can assist Tribal Members in establishing paternity, including the use of DNA testing, and making changes to birth certificates.
9. Guardianships and Conservatorships. The Attorney can assist in obtaining Guardianships and Conservatorships for minors or for persons who are unable to care for themselves.
10. Driver's Licenses. The Attorney can assist Tribal members who are trying to get their driver's license restored through the Secretary of State.
11. General Legal Advice. The Attorney can give general legal advice for any type of legal issue that a Tribal Member may have except for issues that involve the Tribe.

Reminder: If you are served with a Summons and Complaint contact the Attorney IMMEDIATELY for assistance.

Mary K. Witkop
 Members Legal Assistance Attorney
 231-398-2234 or 888-723-8288 x 2234
 mwwitkop@lrboi.com



Manistee Ford-Mercury is pleased to again offer Little River of Ottawa Indians Tribal Government employees and Little River Band of Ottawa Indians Tribal Members (including employee and member families) special discount pricing on new vehicles. New Ford and Mercury vehicles that are eligible for the supplier discount will be made available at that price. In addition, all parts and service customers will be given 15% off. This is valid on any non-sale or coupon related purchases. All customers must present their employee or tribal member identification prior to purchase.

We look forward to assisting the entire Little River organization!

Make sure to visit

<http://manisteeFord.dealerconnection.com/>

New influenza guidelines



"On August 5, 2009, CDC changed its recommendation related to the amount of time people with influenza-like illness should stay away from others (the exclusion period). New guidance indicates that people with influenza-like illness should stay home for at least 24 hours after their fever is gone (without the use of fever-reducing medicine). The new recommendation applies to camps, schools, businesses, mass gatherings, and other community settings where the majority of people are not at increased risk for influenza complications. (Information provided courtesy of the TEPC)"

Tax-Exempt Quotas

penalties will apply to over-limit purchases

Tribal members who still have questions about the new tax exemption method can call the Tax Office at 231-398-6874 for more information.

Tribal members are responsible for keeping track of their purchases
Tax-exempt motor fuel monthly limit is 175 gallons per Tribal member.
Tax-exempt cigarette monthly limit is 2 cartons (20 packs) per Tribal member.

Fuel Tax Exemption Questions

Some Tribal members have inquired about the change in their tax exemption on motor fuel at the Little River Trading Post. As you may recall, a change was made in the method of computing the sales tax exemption for resident tribal members in an effort to simplify the processing time and improve customer service at the register. (See Little River Currents April 09 edition.)

Beginning March 1, 2009, we started estimating the sales tax exemption per gallon so it could be deducted at the cash register with one keystroke. This significantly reduces processing time at the register. The estimated sales tax rate used for June and July was substantially higher than the actual amount. Therefore, a new estimated sales tax rate, which is lower than the actual amount, is currently being used.

Tribal members that buy tax-exempt fuel at the Trading Post on a regular basis should find that their exemptions, over a period of time, will be very close to the actual amount. A new data system using a Tribal ID card-reader will be installed in the not too distant future. This system will calculate the actual sales tax exemption at each purchase.

Resident Tribal Members Must Plan Ahead

Resident Tribal members seeking a Tribal Certificate of Exemption for a personal use motor vehicle or construction materials for their personal residence need to contact the Tax Office before they are ready to make the purchase. It takes time to prepare the paperwork required by the State of Michigan before you can get your tax exemption. The certificate also requires an authorized signature, which may take additional time to obtain.

Tax Office hours are 7 am to 3 pm Monday through Thursday (closed 12-1 pm for lunch). Additional closings occur for vacations, meetings or work assignments outside of the office. Plan ahead and contact the Tax Office before you buy. No refunds will be given for sales taxes paid because a Tribal Certificate of Exemption was not obtained.

Commodities

Food Distribution Program (FDPIR) was created by congress in 1977 Food Stamp Act as an alternative to the Food Stamp Program for Indian Reservations. The program offers commodity to low income Native American households. No household may participate in both the Commodity Food Program and Food Stamp Program, but eligible households can switch from one program to the other at the end of each month. Eligibility and participation for FDPIR are based on application and certification requiring tribal status, income and resources qualification. In determining who is eligible for the program. We are federally funded by the USDA and they set the regulations and guidelines for the

**Commodity Program.
USDA Income
Food Distribution Program on Indian Reservations
Net Monthly Income Standards
October 1, 2008 & October 1, 2009**

1. \$ 1,011.00
2. \$ 1,311.00
3. \$ 1,611.00
4. \$ 1,914.00
5. \$ 2,239.00
6. \$ 2,564.00
7. \$ 2,864.00
8. \$ 3,164.00

For each additional member add \$ 300.00

**Commodity Department serves 13 counties: Benzie, Grand Traverse, Lake
Leelanau, Manistee, Mason, Mecosta, Muskegon, Newaygo, Oceana,
Osceola, Ottawa, Wexford.
Office hours are 8:00 A.M – 5:00 P.M
Lunch hour is 12:00 1:00**

**Yvonne Theodore, Laurie Jackson
1-888-723-8288 ask for Commodity Program
Office # are 231-398-6715 or 231-398-6716**

AAKDEWIN

“Bravery”^{By} Patrick D. Wilson



Waabizhishi
“Martin Clan”

Definition: (Wants; it is something that you, personally would like to have or happen. It is about “I” and is selfish in nature) (Needs; is something that is necessary, food, shelter, clothing. It is about doing what is best for everyone.) An example of this is “You need a car, you are married with four children, and so the car you need is a mini-van. But you want to buy the shiny red two door con-

For me it was hard to think of a story of bravery. I did however, think of a story and the story goes like this; when I was young, we live in Frankfort Michigan, up the road from Manistee in a farmhouse. This was back when there were outhouses. Well every once in awhile the cows would get loose, and would end up grazing around our house. When you are only three and half feet tall, cows look pretty big and scary. Well my sister had gone to the outhouse, but while she was in there the cows came over the hill, and they were blocking the path back to the house. When she opened the door and seen cows everywhere, she got scared and started to cry. Me being the oldest of five children, I put on my shoes and marched right out, passed the cows. (I didn’t want the cows to step on my feet with their hooves.) I remember telling her “don’t be scared, I will protect you!” I took her by the hand and we walked right pass those cows. As we reached the doorway and she got in the house, a cow “mooed” real loud. I was real brave right up to that point. I too hastened my entry in the house.

In Peacemaking as with all of the Seven Grandfather Teaching, “Bravery” is not used outwardly, but more inward towards one’s self. It is about the courage one needs to have to face up to the problems, issues and conflicts at hand. To make the hard decisions that will benefit everyone involved. Sometimes by making those kinds of decisions you will need to set aside your “wants” and think of the “needs” of others, that is where true bravery comes from.

When someone says the word bravery, we think of soldiers, policemen, firemen, and many other ordinary people like you and me that do an extraordinary job in the face of danger.

For me bravery is accepting the responsibility to care for others, to stand up and speak, even if the issue is an unpopular one, also be ethical and moral in your choices and then stand by your decision.

Quote from the Seven Grandfather Teaching: “Bravery: to face life with courage is to know bravery. The personal strength to face difficulties, obstacles and challenges. Have courage, make positive choices. Stand up for your convictions--show courage in communicating and decision-making. Do things even in the most difficult times. Be ready to defend what you believe and what is right. Never give in. Never give up.”

I feel Bravery comes from knowing the right thing to do and doing it. Children are the bravest people I know. Because for them, everything they do is the first time. The first time they took a step away from the safety of the couch as they learned to walk, the first day at school. There are many first in our lives and as we overcome the challenges we become stronger. Life is a series of events that can take all of your courage you can muster to face that particular event. It is fear, the fear of failure, of not knowing, and the fear of change, that allows us to know bravery. Each day our children face these challenges. When I see a young person graduate from high school I know there goes a brave child. One who has overcome many problems with courage.

LITTLE RIVER BAND OF OTTAWA INDIANS
PEACEMAKING/PROBATION DEPARTMENT
“Odenaang Enjinoojimoying”
3031 Domres Road Manistee, Michigan 49660

Austen Brauker,
Peacemaking/ Probation Assistant
Phone: (231) 398-2240
E-mail: abrauker@lrboi.com

Patrick D. Wilson,
Peacemaking/Probation Supervisor
Phone: (231) 398-2239
E-mail: pwilson@lrboi.com

Come out and join us for our monthly Peacemaking



Aanii piish (where) ... Justice Center
Wenesh pii (when). September 28th at 5:30
NOTE: The meeting is the last Monday of every month.



The topic of this month’s Talking Circle is
“Odeno”





LRBOI Family Services Department will be offering Positive Indian Parenting class this fall at the Muskegon Tribal building beginning in September 23rd. Class will run Wednesdays from 5:30 to 7:30 for eight weeks.

We welcome single mothers and fathers, two-parent families, grandparents, and perspective parents, step-parents, foster parents, or anyone who is facing the challenge of raising children.

The eight-week curriculum was developed by the National Indian Child Welfare Association to provide a brief, practical, and culturally specific training program for Indian parents. The goals of the program are to help Indian parents: 1) explore the values and attitudes expressed in traditional Indian child-rearing practices, and to apply them to modern parenting skills and 2) develop positive attitudes, values and skills that have roots in their cultural heritage. The research-based program is a viable alternative for court-ordered parenting and Department of Human Services referrals.

The curriculum includes the oral tradition, story-telling, the spiritual nature of child-rearing, and the role of extended family. It teaches that valuable lessons can be learned from the old ways, and that parents can find strength in cultural traditions.

Included in the eight sessions are:

- Traditional Parenting – history, cultural strengths
- Lessons of the Storyteller – communication, values, observation
- Lessons of the Cradleboard – bonding nurturing, development
- Harmony in Childrearing – balance, family structure, self-control, prevention
- Traditional Behavioral Management – guidelines, limits, discipline
- Lessons of Mother Nature – living skills, social skills
- Praise in Traditional Parenting – positive reinforcement skills
- Choices in Parenting – setting goals, problems of parenting, what kind of parent to be

To register for the classes please call the Muskegon office at 231-398-6651 or toll-free 1-888-723-8288 and ask for Family Services, Muskegon office or contact Kathy Lagerquist (398-6705) or Shelly Kequam (398-6707) at LRBOI Family Services Department.

The class incorporates traditional components such as smudging and prayer, a light meal, talking feather, and giveaways. Guest speakers may be invited to share storytelling, singing, cradleboard demonstration, or sharing tribal ceremonies and customs.

Every new generation faces the difficult job of raising its children. We must nurture and protect our children, help them discover who they are, and teach them the skills to survive as adults. Positive Indian Parenting offers an opportunity for parents to explore the traditional ways that may be useful in today's challenging world.

Residential Lot Lease and Leasehold Mortgage Program

We have several lots within the Aki Maadiz-iwin development that are available to Little River Band of Ottawa Indians Tribal Citizens in the Leasehold Mortgage Program.

Some of the advantages of leasing a lot at Aki are that it reduces the costs of procuring a new home by significantly reducing land costs normally involved in building a home. Rather than purchasing the land, Tribal members are being provided the opportunity to Lease the land for \$1.00 per year for up to 50 years.

Resident Tribal members who build new homes at Aki or on other Trust Land qualify for a sales tax exemption on the purchase of materials for construction and/or remodeling your primary residence.

Materials used by a contractor is also exempt from both the sales tax and use tax when it is purchased, used, or acquired in the performance of a contract for construction, renovation, or improvement of the primary residence of a Tribal Member within Trust Land.

If you build on Trust Land, you can also be exempt from paying property taxes.

If you would like to take advantage of:

- Leasing property for \$1.00 per year.
- Save 6% sales tax on materials for building or remodeling.
- And not pay any property taxes.

Contact Chad Gehrke in the Housing Department to find out if you qualify 231.398.6708.

HEALTH CLINIC UPCOMING EVENTS

Please watch the paper for the following education or activity events:

Traditional Food Teachings
Diabetes Talking Circle
Wii Bowling for Elders
Wii Bowling for Youths

If you have an interest in any of these events feel free to contact Holly Davis R.N., M.S.N. at 1-888-382-8299 or 231-398-6610.

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TRIBAL EMPLOYEE COMMITS TO 60-MILE, THREE-DAY WALK FOR BREAST CANCER

Dan Velikan is preparing for the Michigan Breast Cancer 3-Day, making a personal difference in the breast cancer movement one step at a time

Sixty miles, three days, thousands of steps, and months of preparation to make a personal difference in finding the cure for breast cancer, Dan Velikan, Chief Internal Auditor, and his daughter Kelly are preparing for this bold journey. Dan and Kelly have joined thousands of other breast cancer supporters in preparing for the 2009 Michigan Breast Cancer 3-Day benefiting Susan G. Komen for the Cure® and the National Philanthropic Trust Breast Cancer Fund. After months of training and fundraising, participants will walk 60 miles during three days to raise awareness and funds for critical research, education and community health programs.

"This is our third year participating in the Breast Cancer 3-Day," said Velikan. "Through my participation in this event I know I am making a personal impact on the breast cancer movement. The Breast Cancer 3-Day is challenging, but the opportunity to have an enormous impact on awareness and funding for the breast cancer cause, to honor those who have lost their lives to the disease, and to celebrate cancer survivorship is a life-changing experience."

"We will be walking this year to remember Carolyn Velikan who died of breast cancer at age 49 and to support LRBOI members, employees and their families who are currently dealing with breast cancer."

In the U.S. today, there are nearly 2.5 million breast cancer survivors—one in eight women will be diagnosed during her lifetime—but a breast cancer diagnosis affects more than the patient. Co-survivors, the family and friends of those women and men battling breast cancer, need support also. The Breast Cancer 3-Day is a way for survivors, co-survivors and anyone passionate about the cause to personally make a difference in helping end the disease by joining a community of support throughout the entire journey. Each walker is supported by coaches and online assistance that aid in all aspects of training and fundraising, while clinics, meetings, training walks, teams, and buddy walkers provide ongoing support.

The Michigan Breast Cancer 3-Day will start at the Henry Ford Museum on Friday morning, August 14 and end in Ann Arbor on Sunday afternoon, August 16. The walkers will cover about 20 miles a day, traveling at their own pace. Hundreds of volunteer crew members support the walkers through the three-day journey providing meals, refreshments and snack stops, gear transport, hot showers, portable restrooms, safety on the streets and 24-hour medical services.

To help Dan reach his goal, make a donation at the bank building or directly to his online donation page at www.The3Day.org.

About the Breast Cancer 3-Day Series

Taking place in 15 locations nationwide, the Breast Cancer 3-Day is a series of three-day, 60-mile walks that raise millions of dollars for breast cancer research, education, and community health programs. Breast Cancer 3-Day participants raise a minimum of \$2,300 and walk an average of 20 miles a day, educating tens of thousands of people about breast health with every step. As the primary beneficiary of the Breast Cancer 3-Day, Susan G. Komen for the Cure® receives 85 percent of net proceeds, and the remaining 15 percent goes to the National Philanthropic Trust Breast Cancer Fund. The Breast Cancer 3-Day is presented by Energizer. The national series sponsor is New Balance. Please visit www.The3Day.org or call 800.996.3DAY for more information.

The 2009 Breast Cancer 3-Day series includes events in Boston (July 24-26), Cleveland (July 31 – August 2), Chicago (August 7-9), Michigan (August 14-16), Twin Cities (August 21-23), Denver (August 28-30), Seattle (September 11-13), San Francisco Bay Area (October 2-4), Washington, DC (October 9-11), Philadelphia (October 16-18), Atlanta (October 23-25), Tampa Bay (October 30-November 1), Dallas/Fort Worth (November 6-8), Arizona (November 13-15), San Diego (November 20-22).

About Susan G. Komen for the Cure®

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure® and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. Thanks to events like the Komen Race for the Cure® and the Breast Cancer 3-Day, the organization has invested more than \$1.2 billion to fulfill its promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world. For more information about Komen for the Cure, breast health or breast cancer, visit www.komen.org or call 1.877 GO KOMEN.

About the National Philanthropic Trust (NPT)

National Philanthropic Trust (NPT) is a public charity dedicated to providing philanthropic expertise to donors, foundations, and financial institutions, enabling them to realize their philanthropic aspirations. Founded in 1996, NPT is among the 100 fastest growing charities and one of the top 35 grant makers in the United States with \$660 million in assets under management. Since its inception, NPT has raised over \$1.5 billion in charitable assets, and made over 32,000 grants to U.S. and international charities totaling \$900 million. NPT is led by a national board of trustees and a team of professionals with more than 200 years of philanthropic experience. For more information, visit www.nptrust.org.



Breast Cancer Awareness



Native American Ministry - Muskegon

Halloween Gathering
Oct. 18, 2009 11-3pm
St Thomas Hall 3252 Apple Ave
Costume party

Ghost Supper
Nov 1, 2009
11 am to 3 pm Sunday
Potluck-Dish to pass
Bingo-Door prizes-Raffles
Patti-755-4865

Christmas Gathering
Dec. 6, 2009 11 am to 3 pm
St. Thomas hall 3252 Apple Ave
Potluck - Dish to pass
Santa for the kids
Patti - 755-4865

Debra Gutowski-Director
Native Ministry
360 Division Ave. S.
Grand Rapids, MI 49503
616-243-0491 x 1517





The following Tribal Members have an undeliverable address on file with the Enrollment Department. Please contact the Enrollment Department if you know how we can get in contact with any of the Tribal Members listed or if you know any of their addresses.

Adamczak Vincent Frank	Martinez Isaac Lee
Badger Timothy James	Memberto Philip Robert
Benson Milo Christopher	Minaker William James
Cogswell Randall Charles	Monk Kailey Amanda
Crampton Shawn Robert	Monk Shane Daniel
Donnelly Anthony Daniel	Paynter Gene Allen
Donnelly Lisa Marie	Pollard Logan James
Fox Larry	Salisbury Jarrisson Keith
Hannah Drake David	Stires Eric Shane
Hayes Catlyn Marie	Taylor Allan Forrest
Heine Paul Wesley	Teeters Luther Everett Freeman
Jenkins Anthony Wayne	Trevino Raymond Lee
Kleeman Amy Denise	Tyler Jerry Scott
Kuchynka Jason Alan	Tyler Larry Dean
Lakso, Jr. John Robert	Warren Heather Wynnona
Lewis Steven Allen	Willard Ronald Lee

We would also like to give a reminder that if you have not submitted a notarized Bereavement Beneficiary form or notarized PerCap Beneficiary form, please contact the Enrollment Department. We can be contact by calling Diane A. Lonn at (231) 398-6712, Jessica Wissner at (231) 398-6713, or Laurie Willis at (231) 398-6720.

Tribes Not Included in Applying for \$350 Million in H1N1 Grants

Press Release
For Immediate Release

Washington, DC – The National Indian Health Board (NIHB) has learned that \$350 million in new grant funding has not been specifically committed for tribes. Department of Health and Human Services Secretary Kathleen Sebelius announced yesterday that, “grants will be made available to state and local governments to facilitate planning and preparedness efforts to combat the ongoing H1N1 flu outbreak, and the fall flu season.”

Approximately \$260 million will be available to state health departments and \$90 million will be available to hospitals, but funds are not set aside specifically for tribes. Janet Napolitano, Secretary of Homeland Security said, “for states whose jurisdictions incorporate tribal governments, we highly encourage inclusion of those entities in the plans submitted by the states.” The Department of Homeland Security is the lead organization for the H1N1 national response effort. The application deadline for the grant is set for July 24th and the Department of Health and Human Services plans to release grant awards on July 31st.

“Tribal leaders need to immediately contact their state health departments to ensure that they are included in their state’s grant application for funds. With the short time frame set for the application deadline, many of the states are likely to put together a plan without any tribal consultation,” said Stacy Bohlen, Executive Director of the NIHB.

The news of funding was shared with delegations from 54 states, tribes and territories who met today at the H1N1 Influenza Preparedness Summit which included the White House Homeland Security Advisor - John Brennan, Secretary of Health and Human Services - Kathleen Sebelius and Secretary of Homeland Security - Janet Napolitano, and Secretary of Education - Arne Duncan.

“We are deeply concerned that tribes were not specifically designated to receive funds during a pandemic outbreak like H1N1. The federal government has a trust responsibility to protect the health and safety of American Indian/Alaska Natives and this should be reflected in any grant funds made available by the Department of Health and Human Services to address public health issues,” said Bohlen.

On June 11, 2009 the World Health Organization (WHO) raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of the novel influenza (H1N1) virus. A phase 6 designation indicates a global pandemic is underway. There are 562 federally recognized tribes with a service population of about 1.9 million American Indian and Alaska Natives.

“The lack of Tribal specific funding creates significant problems as Tribal populations will be vulnerable in a pandemic event. The populations identified by DHHS, children, young adults and those with chronic disease issues

would be at greatest risk in an outbreak. This mirrors our prominent health concerns in Indian Country,” expressed Jessica Burger, RN, Bemidji Area Representative to the NIHB who attended the H1N1 Influenza Preparedness Summit.

“Once again we suffer the affliction of anonymity when significant national health threats are addressed, and funding is made available in our country,” said Bohlen, “This remains an inadequately addressed issue, but Secretary Napolitano’s acknowledgment that states will be held accountable to the tribes is encouraging. It represents an acknowledgment by the Obama administration of the necessity for states to work with tribal governments in funding distribution.”

###

The National Indian Health Board advocates on behalf of all Tribal Governments and American Indians/Alaska Native in their efforts to provide quality health care. Visit www.nihb.org for more information.

Aanii,

Just a friendly reminder, We now have Tribal Logo wear in stock and all size Polos, jackets, fleece wear, sweaters, hoodies, hats of all sizes styles and shapes, including the Camo line!!!! Come and check out whats new at the Trading Post and while your here grab your gas and a pop for the road. Guarantee you'll get a welcome, smile and a thanks for stoppin in. See you soon!!!

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ISO: Information available on Section #184 Indian Home Loans.



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Ryan Austin, 3914 N.
Little Manistee Drive,
Luther, MI 231-797-8024.

**"If it ain't broke, don't
fix it, but if it is call us"**



Tribal Government Internships



Tribal Members interested in doing an internship with the
L.R.B.O.I. Tribal Government Office please contact:
Department of Commerce:
231-398-6806

If you think you are hungry between meals, drink a glass of water. We sometimes think we are hungry when we are actually thirsty. Water:

- Water makes up 65-70% of the body and is the most important nutrient.
- Water helps regulate body temperature, carries nutrients to all parts of the body and eliminates waste.
- Your body needs at least 8 cups of water each day.
- You could live many days without food; only a few without water.

Limit other beverages

Coffee

- o Coffee has no nutritional value and contains caffeine, which acts as a diuretic and actually eliminates water from the body.
- o Coffee drinks such as latte's and frappuccino's contain large amounts of sugar and fat from cream.

This adds 250-500 unneeded calories and no nutritional value per 16 ounces.

Soft drinks

- o Soft drinks cause the body to lose calcium which comes out of bones and teeth.
- o Soft drinks provide little or no nutrients and have 10 teaspoons of sugar in 12 ounces. That is at least 150 unneeded calories and contributes to tooth decay.
- o Many soft drinks contain caffeine that can cause heart problems and eliminates water from the body.
- o Soft drinks often take the place of nutritious choices such as milk or 100% fruit juice. If you are going to drink a soft drink, limit to a few a week and/ or try diet drinks.
- o Beware of fruit drinks and frozen drinks. Both have little or no nutritional value, are high in sugar and unneeded calories.

Thank You to our
aquatic seasonal staff,
Alan Perzanowski and Amber Moore.
You both did a great job!



Good Luck at school
this year!

BEVERAGES



New Family Service Department staff members in the Muskegon Office



The Family Services Department would like to introduce the newest staff members in the Muskegon Office. Melissa Sharlow, Intake Specialist, is an enrolled member with the Lac Courte Oreilles Tribe of Wisconsin. Melissa will be providing tribal members with notary services and referral information, as well as assisting members with accessing tribal services. Nancy Saboo, Case Manager-Generalist, is an enrolled member with Bay Mills Indian Community. Nancy will be assisting tribal members in various capacities providing referrals and advocating. Both Melissa and Nancy graduated from Grand Valley State University. Both Ms. Saboo and Ms. Sharlow have previous experience working in the human services area. Ms. Saboo worked for several years with the Native American Service Program in Grand Rapids. Ms. Sharlow had her intern experience with Every Women's Place in Muskegon. The Muskegon Office is open Monday thru Friday from 9am-4pm, closed for lunch from 12pm-1pm.
Submitted by LRBOI Family Services Director Bill Memberto.

Marcella's Memories

Mdaamini-Giizis (Corn Moon)
September 2009 Vol. 6 Issue 8

As a young child, I spent every summer at Indian Village and Star Corners. My mother, Alice Pete Moore, would take us to spend time with our grandmother, Sophie Pete. My fondest memories are of the time we spent there. Family was important to my mother, and we had numerous family gatherings. Although my father didn't want my mother to keep her heritage, she instilled in me the importance of being American.

In elementary school, I was teased for being Indian. Because I was a shy child, this was devastating to me and became ashamed of my heritage. Then one day, in junior high, another student convinced me that should be proud of whom was.

In 1991, received a letter from some of my Ottawa relatives in Manistee who were again trying to seek support to restore our rights as a tribe and they were asking for people to join in this endeavor. I felt compelled to attend that meeting, and when people were asked to come forward to help, heard my mother's voice telling me to stand up.

As a result, was elected a member of the tribal council.

We had a big dream and very little money. We only had six people on the council at that time, with no staff and no office.

We council members volunteered countless hours to try to get things going. After we were able to acquire some grants, we rented a two room office in Parkdale and hired three staff: Katie Glocheski as our Enrollment Officer, Melissa Waitner as Secretary, and Mark Dougher was our Executive Director. Things started progressing quickly. We joined forces with the Little Traverse Bay Bands of Odawa Indians to push for legislation in Congress.

Finally, after three years of pinching pennies and pleading our case before Congress, our tribal status was reaffirmed on September 21, 1994, when Public Law 103-324 went into effect.

One person who was invaluable to our federal recognition effort was Deloria, Jr. A renowned author and activist on Indian rights, he was

presented with the American Visionary Award on March 2, 2005 for his cultural and policy achievements supporting American Indian freedom. It was a great honor to have him speak on our behalf before the Senate Committee on Affairs.

When remembering Vine Deloria, Jr., think of a great man who cared deeply for all Native Americans. remember a man whose entire face lit up when he smiled. Remember a man who had a gentle nature but a fierce pride in his heritage.

When I heard of the death of Deloria, Jr., I was saddened by the loss of such a great man. He was instrumental in our federal recognition and his role in our history should not be forgotten. Vine Deloria, Jr., will be greatly missed in our Native nation. Miigwetch, Mr. Deloria.

Article by Marcella Moore Leusby



I would like to thank the committee for allowing me to give testimony in support of H.R. 3958 with the amendments suggested by the Michigan Indian Legal Services.

My name is Vine Deloria, Jr. and I am

an enrolled member of the Standing Rock Sioux Tribe of Fort Yates North Dakota. I am a professor of law, political science, and history at the University of Colorado, but I am appearing as an individual and not representing the in any capacity. I am also a former executive director of the National Congress of American Indians (1964-1967) and have some background in the federal recognition/ acknowledgement process, which I believe is relevant to the committee's deliberations on this bill.

In 1978 the Bureau of Indian Affairs adopted a formal process for recognition and acknowledgment of communities as tribes for whom the United States has responsibility. Instead of the process of recognition speeding up and becoming an efficient means of identifying and finalizing the list of tribes and nations for whom the United States has responsibility, the Bureau has introduced a set of seven criteria which, if it had been applied in the past, would have eliminated about half of the presently recognized Indian groups.

In the 14 years since the Bureau assumed control of the recognition process, about half of the 16 tribes that have received acknowledgment have had to seek Congressional legislation because the Bureau has hemmed, hawed and stalled, stumbled over the slightest nuances, and refused to admit

plainly clear evidence the tribe or nation has always had a relationship with the federal government – but the federal government never assumed its responsibilities. That is the case with many of the Indian groups coming before you today.

While doing research on treaties discovered that my people, the Sioux Nation, had made a treaty with the Chippewas and Ottawas of the lower Michigan peninsula under the auspices of the King of England in 1781, two years before the United States got its independence. I copied the treaty and sent it out to the respective Sioux tribes asking them to send letters of support or resolutions supporting the Ottawas in this hearing today. I am happy to say that many of them did so and sent letters either to this committee or to Senator inouye's committee in anticipation of hearings in that forum. The traditional leaders of the Dakota-Lakota Nation who met in council the week of June 8th also passed a resolution and wanted to send a delegate to give testimony on behalf of the Ottawa Bands today but there was no time on the agenda for this testimony.

But various Sioux spiritual leaders and traditional people told me to inform the committee that our nation upholds its treaties and expects the United States to do so as well.

I therefore urge the committee to quickly report this bill to the House floor and ensure its passage with favorable report so that these two bands of Indians who represent a tradition that has been in existence long before the founding of the United States can get justice at last. also urge the committee to get from the Bureau of Affairs a list of tribes who have signed treaties or agreements with the United States and move them quickly through the recognition process without further delay.

Considering the rather haphazard manner in which recognition has traditionally been handled by the Bureau of Indian Affairs, it is certainly unjust to require these nations to perform documentary acrobatics for a slothful bureaucracy.

If a group on first examination is obviously Indian, then Congress should go ahead and recognize them. I urge the committee to extend federal recognition to these obviously Indian bands and bring them within the supervision and protection of the by granting them full status along with other Indian groups having treaties with the United States."

- Vine Deloria

July 1992

Vine Deloria

The following statement was extracted from a testimony by Vine Deloria in support of the House of Representatives session

H.R. 3958 which was: "TtoO GRant Federal Recognition to the Little Traverse Bay Bands of Odawa Indians and the Little River Band Ottawa Indians, to clarify the status Members the Bands, and for other purposes." The hearing was held in July of 1992 in Washington, DC

Anishinaabe damnawin Match the words to anishinaabemowin

Answers from last month (July)

Manidookewin	Ceremonies
Kinomaagewinan	Teachings
Ngamwinan	Songs
Bemaadizijik	People
Miigwewin	Give away
Kinomaage nini	Male teacher
Nminwendaagwaz	I am having a good time
Gaasmo gamikoon	Tents
Mijim	Food
Kinomaage niniikwe	Female teacher

Words for this month

Face	Dip
Ear	Shkiizhik
Mouth	Jaansh
Tooth	Miinjisan
Nose	Tog
Eye	Doon
Hair	Wiibitan
Head	Shkiizhikoon
Ears	Dengwenh
Teeth	Wiibit
Eyes	Togan

Jiingtamok 09 Report



"That is not our way, to set yourself apart and talk about who you are and what you've done. You let your life speak for you. With the Mohawk people, wisdom is how you live and how you interpret what your mother and father, what your grandmothers and grandfathers have told you about this world - and then how you interpret that into the fact of living every day."

--Tom Porter, MOHAWK

It is said, how you live your life makes so much noise that people can't hear what you are saying anyway. It is so easy to see people who do not walk the talk.

Creator, I ask you today to help me be humble. Let me spend the day listening. Help me to not brag or gossip. Help me today not to do those things that seek attention or approval from others. I am only accountable to You, Oh Great Spirit. You will tell me the things I need to know. Let me learn the lessons from my Elders. Let me teach the children by example. Today, let me walk the talk.

(submitted by Jonnie "Jay" Sam, THP Director) This year the Jiingtamok was held on July 4th and 5th at the Gathering Grounds. The weather was cooler than past years but there was no rain during the event.

Once again we had over 100 dancers. The dancers were lead out by Head Veteran Paul Yarnell and Head Dancers Jefferson and Elizabeth Ballew. Kenny Pheasant served as Arena Director.

The Little River Band of Ottawa Indians Warrior Society (busy day) provided the color guard.

The drums Ribbon Town, Southern Straight, War Party, Blue Moon Rising, Sons of the Three Fires and Giiwe Manidoo provided the heartbeat of the event. Grand Traverse Band's Derek Bailey kept the crowd informed and entertained as the MC, assisted by Mack

Brushman as sound technician. Ogema Romanelli welcomed everyone on Saturday and 5 Council members attended the event.

Many of the spectators visited the 19 vendors around the arena, including two food vendors offering a variety of menu items. The vendors weren't the only ones selling, as this year's t-shirt sold out early in the event, and tote bags offered went briskly leaving few leftovers.

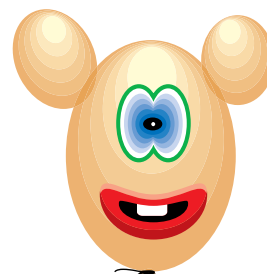
As in the past the Casino provided shuttle service. WMOM radio had the Momster Truck there Sunday and did a live remote from the location.

The Historic Preservation Department Director would like to repeat his gchi-miigwech to the dancers, drums, head personnel and spectators for making this a successful event. These things do not happen without assistance. He would also like to thank the volunteers at the event.

The Maintenance Department for their work in support of the event both before and after and his crew, the staff of the HP Department for their commitment.



I would like to thank everyone that took part in my Benefit/ Auction. The money couldn't have come at a better time with weekly trips to Detroit. I would like to say a special thank you to Kathleen Block, Janine Sam, Brian Bower, Melissa Waitner, Lee Iverson and family, Donna Ewing, Scotty, Doug, Tribal Council, Sandy Mezeske, Bonnie Kenney and all of my friends and family. Also a special thank you for all the people that donated items for the auction and donated food. I am sure I am forgetting someone but it is not on purpose I just forget a lot these days. I am sorry for the late submission but I couldn't get this in last month's newsletter due to being ill. Once again thanks to everyone that has donated PTO and Vacation time as it goes fast having to go to Detroit every week for two days. Love you all, Mary Bower

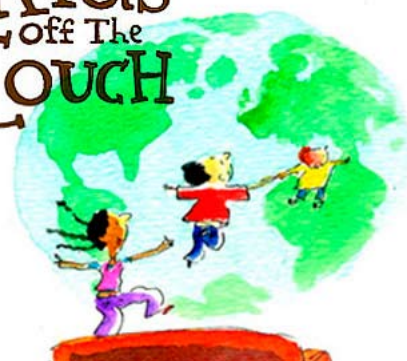


Happy Birthday Grama Kathy!
We love you very much!
Love, Candice, Hannah, Mathew, and Angela

Happy birthday Mommy Eagle
-Love Hannah and Mathew

"4th Moby Family Reunion,
Sunday September 13th, 2009 at
the Grand Traverse Band Satellite
Office on Hoadley Road in
Benzonia. The event begins at
noon. Bring your own silverware
and drinks and bring a dish to
pass. Call Cathy Philo for more
information at 231.276.0048."

**Kids
Off The
Couch**



Happy Birthday Mom
Words can never capture how important you are to me.
I am truly grateful to have you near once again. I am lucky that Creator chose you for me. I love you with all my heart.
Love, Candace

Happy Birthday Grandma
We probably don't tell you as often as we should, but we love you with all of our hearts. We're glad your back and we want you to know how much you mean to us!
Love, Phillip, Gabriel & Nathaniel



Happy Birthday to our oldest Granddaughter, Whitley Reese. Her Birthday was 8/31/1991. She is the Big 18 now. Sending our love Grandma and Grandpa Lonn. Happy Birthday to the newly wed "Angie Stone". Her birthday was 8/28/1981.
With lots of love from her Aunt DI and Uncle Dave.

Kids off the Couch

U.S.A. Popcorn Adventure #98 August 06, 2009

A Chicken in Every Pot
Julie and Julia + Taking A
Food Tour of your Town

The Film The Adventure Cultural Connections
We've all been tempted to eat our way through the rough patches in life, but Julie Powell took it to a whole new level when she set out to cook all 524 recipes from Julia Child's Mastering the Art of French Cooking in a year. A frustrated aspiring writer in a dead-end job, Powell blogged about her endeavors, gaining readership and a book deal on her culinary journey to happiness. Julie and Julia (directed by Nora Ephron and opening August 8) swirls Powell's struggle to find herself, together with an intimate portrayal of Julia Child during the years when she fell in love with French cuisine. Meryl Streep's portrayal of the 6'2" gawky genius, Julia Child, is irresistible (not to mention Oscar worthy). Watching an exasperated young Julie Powell (played by Amy Adams) tumble to the kitchen floor, lamenting the loss of an overcooked beef bourguignon, is all the more delicious after witnessing Julia Child's triumphant squeals after mastering a rapid onion dice at The Cordon Bleu. With gorgeous food photography and two mesmerizing performances, Julie and Julia takes the cake for our favorite movie this summer.

It's hard to believe that Americans weren't always hooked on Iron Chef or organic veggies, but watching Julie and Julia reminds us how far we've come since Julia's cookbook changed how Americans think about dinner. We're glad that our kids have finally begun to venture away from a steady diet of chicken fingers and spaghetti, so we jumped on the chance to join a tour of our local Farmers' Market to celebrate National Farmers' Market Week. We tasted doughnuts, Brazilian food, macaroons, American Mac 'n Cheese, several teas, and Japanese noodles all during a leisurely stroll through a storied area of our city. While the samplings were the perfect pairing of sweet and savory, the most delicious treat was learning the history and traditions of the market, like the story of the secret caviar cheese recipe buried in an underground safe and even a picturesque love story of two chocolateurs falling in love at a candy shop. The tour combined the familiar (freshly baked doughnuts) and the new (unique concoctions like fried yucca sprinkled with Parmesan from the Churrasco Brazilian buffet), and everything was portioned in bite size pieces so our kids could feel daring knowing they only had to try a little taste. We all loved connecting the history of our city to the explosive tastes in our mouths, and the tour was the perfect way to take our love for food to the next level.



We would like to wish our baby boy Gavin Kowalski a Happy 1st Birthday!!
June 18th

Love Mama, Dada & Daron



By Jonnie Jay Sam,
Director- Historic Preservation Department

Little River Band of Ottawa Indians

Anishinaabe Family Language & Culture Camp {version 2009} was recently held at the Gathering Grounds in Manistee County. From the comments received in the evaluations it was a successful event. 513 persons registered, slightly down from last year. The participants came from Illinois, Minnesota, Wisconsin, Ohio, Kansas, Oklahoma, Texas, Virginia, Michigan and Canada. Visitors came from several bands/tribes of Chippewa, Ottawa, Pottawatomie, Cree, Menominee, Mohawk, Delaware (Lenape) and Tlingit. Yes there were persons from tribes that are not strictly Anishinaabe. 157 of those taking part were children, which should be a very good sign for the future.

Each of the three days started on the grounds with a sunrise ceremony, attended by approximately 40 people. As these started about 6AM the attendance was excellent.

Breakfast was then served, albeit a cold one of cereal, milk, juice, bananas and coffee. Registration began. Then the event began with a Pwaagan offered by Dan Bissell and the morning was underway. The first day's workshops were well attended and it appeared that everyone was enjoying the fine weather. The Ogema, Larry Romanelli offered a welcome to the Tribe's guests. Keeping a LRB tradition lunch was served by Councilpersons Virgil Johnson, Robert Whiteloon, Loretta Beccaria, Janine Sam and Steve Parsons assisted by Ogema Romanelli and Joan Burkhart. There were no comments on the menu being bologna (sandwiches along with egg salad sandwiches, potato chips, pickles and pop). The afternoon went by quickly with workshops that included Black Ash Basket Making by John Koon and a hide painting project for kids using brown paper bags by Shirley Brauker. Supper was served by the Court or at least staff from the Justice Center. Serving the spaghetti and trimmings were Deb Miller, Spring Tuttle, Austen Brauker, Pat Wilson, Sunflower Wilson, Laurie Willis and her husband Bill, Yvonne McShane (& Mr. McShane) and Judges Daniel Bailey and Angela Sherigan. The Judges stayed until all was cleaned up, well beyond the regular call of duty. The evening's activity was a Jiingtamok, somewhat smaller than the earlier one this month, with Swirling winds as drum. They were joined by members of the Ribbontown Singers. Head Veteran Dan Bissell led the dancers out for a session that ran until about 9PM. During this event Jr. Miss

Little River Hannah Sandel was honored and retired her crown.

Day two found something new, a hot breakfast of eggs, sausage and hash browns. The workshops followed and included John Koon's workshop, one on Wiingash by Dan Bissell, Drumming and grandmother teachings and of course several on language. Lunch was hot dogs, scalloped potatoes, Cole slaw and sandwiches. Volunteering to serve once again Councilpersons Janine Sam, Robert Whiteloon, and Virgil Johnson [they actually became part of the meal crew all weekend] joined by Charles Fisher, Julie Wolfe, Calvin Austin, Melanie Ceplina and Mike Ceplina. The afternoon seemed to again fly by with laughter a constant and smiles abounding. The supper was chicken, baked beans, rice and cookies served by the crew in the tent. Then many made their way to LRCR for the Crystal Shawanda performance.

The final day arrived a bit wet, but spirits were undaunted. Breakfast was a healthy yogurt, muffin, cereal, milk, fruit and cookies with coffee and apple juice. Then the morning went into the final workshops and presentations. Overall there were 18 presentations covering over 35 topics. Teachings about miigwaan, stone teachings, Wiingash, verb use, basketry, sewing, painting and games from the past were just a few of the offerings. All of the presenters did a wonderful job, as usual, and the department says Miigwech.

As the Director of the Department I would like to express my appreciation for the efforts of the departmental staff (Terri Raczkowski, Valerie Chandler and Mack Brushman) whose effort makes this event happen, without them nothing occurs. Kenny Pheasant gets a tip of the hat for his job coordinating the event. Further, although some may go unnamed, I must thank the volunteers Melanie Ceplina for work on every meal, Chunky Rodriguez for trash work, Nadine Pheasant, Trisha Pheasant (& Steve), Jeremiah and Heather Pheasant for their varied efforts and Anishinaabe baseball which is a high point of the camp. Thank you to Ben Hamilton, Tom Herr, Becky Stone, and the guys that arrived to unload the truck at mealtime. The Department also owes a great debt of thanks to the Little River Casino Resort staff, Ron, Charmaine, Karl, Stephanie and both the banquet staff that got the food and prepared it, the hotel staff and the loading dock guys, gchi-miigwech everyone for the maximum effort we always seem to receive. (If you did not get a mention by name, know that your efforts were just as appreciated I just didn't get it written down.)



Here are the numbers for '09 Language Camp

Adults	356
Children	157



CURRENTS

You can find this and many other issues at lrboi.com

Megwa Ezhiweback



Mdaamini-Giizis (Corn Moon)
September 2009 Vol. 6 Issue 8



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Natural Resouce Commission and Department Fall Event

"The Little River Band of Ottawa Indians Natural Resource Commission and Natural Resource Department held their fall presentation Saturday, August 8th at the new tribal Community Center. In the first meeting at the new facility, the commission held a meeting and finalized the process for the drawing of Tribal Citizen names for Elk and Black Bear permits.

In addition, Naturalist Marty Holtgren presented a new 'Safe Fish' eating guide and announced the fall 'Nme (Sturgeon)' release schedule. He also announced that there was going to be a film crew on hand at the release as part of a documentary on our program.

The winners of the Elk and Black Bear permits are:

Champagne	Ryan	1st	Late season- Either sex - Unit D
Draper	Karen	2 nd	Early season - Either sex
Skocelas	Anthony	3 rd	Midseason - Cow
Collingwood	Wilber	4 th	Midseason - Cow
Lyrenmann	Janelle	5 th	Midseason - Cow
Coulson	Tim	6 th	Lateseason - Cow - Unit A
Sigourney	Constance	7 th	Lateseason - Cow - Unit C
Markowski	Dave	8 th	Lateseason - Cow - Unit C

Alternates:

Koon	Don	9th	1st Alternate
Bray	Tina	10th	2nd Alternate
Stone	Levi	11th	3rd Alternate
Vanas	Jimmie	12th	4th Alternate
LaHaye	Thressa	13th	5th Alternate
Brauker	Austen	14th	6th Alternate
Waagosh	Laura	15th	7th Alternate
Kunnen	Ken	16th	8th Alternate
Hawver	Nina B.	17th	9th Alternate
Hewitt	Byron	18th	10th Alternate

